



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 20024, Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched

Report Date: June 27, 2017 03:44 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4.06 Fat Factor: 8.37 Protein Factor:3.13 Nitrogen to Protein Conversion Factor:6.18

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 170g
Proximates					
Water	g	10.33	43	0.101	17.56
Energy	kcal	348	--	--	592
Energy	kJ	1456	--	--	2475
Protein	g	8.41	39	0.060	14.30
Total lipid (fat)	g	2.85	43	0.168	4.84
Ash	g	4.98	43	0.049	8.47
Carbohydrate, by difference	g	73.43	--	--	124.83
Fiber, total dietary	g	6.3	--	--	10.7
Minerals					
Calcium, Ca	mg	299	38	5.521	508
Iron, Fe	mg	4.95	6	0.937	8.41
Magnesium, Mg	mg	54	2	--	92
Phosphorus, P	mg	651	37	13.495	1107
Potassium, K	mg	207	8	20.553	352
Sodium, Na	mg	1319	8	22.355	2242
Zinc, Zn	mg	1.39	10	0.082	2.36
Copper, Cu	mg	0.139	10	0.007	0.236
Manganese, Mn	mg	0.516	--	--	0.877
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.713	6	0.160	1.212
Riboflavin	mg	0.433	6	0.099	0.736

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 170g
Niacin	mg	5.202	8	0.899	8.843
Pantothenic acid	mg	0.383	10	0.065	0.651
Vitamin B-6	mg	0.385	2	--	0.655
Folate, total ¹	µg	264	2	--	449
Folic acid	µg	198	--	--	337
Folate, food	µg	66	10	2.705	112
Folate, DFE	µg	402	--	--	683
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	14	1	--	24
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	287	1	--	488
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.400	--	--	0.680
16:0	g	0.341	--	--	0.580
18:0	g	0.045	--	--	0.076
Fatty acids, total monounsaturated	g	0.751	--	--	1.277
16:1 undifferentiated	g	0.002	--	--	0.003
18:1 undifferentiated	g	0.748	--	--	1.272
Fatty acids, total polyunsaturated	g	1.297	--	--	2.205
18:2 undifferentiated	g	1.258	--	--	2.139
18:3 undifferentiated	g	0.039	--	--	0.066
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.065	--	--	0.111
Threonine	g	0.305	--	--	0.518
Isoleucine	g	0.300	--	--	0.510
Leucine	g	0.973	--	--	1.654
Lysine	g	0.230	--	--	0.391
Methionine	g	0.173	--	--	0.294
Cystine	g	0.155	--	--	0.264
Phenylalanine	g	0.414	--	--	0.704

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 170g
Tyrosine	g	0.332	--	--	0.564
Valine	g	0.415	--	--	0.706
Arginine	g	0.410	--	--	0.697
Histidine	g	0.249	--	--	0.423
Alanine	g	0.584	--	--	0.993
Aspartic acid	g	0.555	--	--	0.944
Glutamic acid	g	1.736	--	--	2.951
Glycine	g	0.340	--	--	0.578
Proline	g	0.765	--	--	1.301
Serine	g	0.402	--	--	0.683

Other

Sources of Data

¹J.I. Rader, C. M. Weaver, G. Angyal Total folate in enriched cereal grain products in the United States following fortification, 2000 Food Chemistry 70 pp.275-289